

Injured Veterans and Families Jump Together at Trampoline Park

LITTLE ROCK, Ark., Sept. 27, 2018 /[PRNewswire](#)/ -- Wounded warriors and their families recently enjoyed a day at a trampoline park together while learning about the programs Wounded Warrior Project® (WWP) offers. The gathering provided an opportunity for warriors and families to exercise, eat lunch, get to know each other, and even reconnect with old friends in a comfortable environment.

"This was a great opportunity to bring my family out for some fun times and meet other veterans," said Air National Guard veteran Patrick Poe. "My favorite part was being able to jump with my son."

[WWP connects warriors with one another](#), their families, and communities. It serves warriors through lifesaving programs and services targeting mental and physical health, [career and benefits counseling](#), and support for the most severely wounded. And WWP empowers warriors to mentor other veterans and live life on their terms.

"I met another warrior who attended the same mental health workshop as me," Patrick said. "It was nice to see a familiar face and talk to him at this event."

WWP program events like this give wounded warriors an opportunity to experience veteran [peer support](#) firsthand. These social gatherings get them out of the house and connect them with fellow service members and their communities.

"To me, Wounded Warrior Project means veterans can get support and help when needed," Patrick said. "It's a great organization."

Physical activity and socializing with other veterans can help injured warriors cope with stress and emotional concerns. In a WWP survey (<https://www.woundedwarriorproject.org/survey>) of the injured warriors it serves, more than half of survey respondents (51.6 percent) expressed they talk with fellow veterans to address their mental health issues, and 30.3 percent indicated physical activity helps.

To learn and see more about how WWP's programs and services connect, serve, and empower wounded warriors, visit <http://newsroom.woundedwarriorproject.org>, and click on multimedia.

About Wounded Warrior Project

Wounded Warrior Project® (WWP) connects, serves, and empowers wounded warriors. Read more at <http://newsroom.woundedwarriorproject.org/about-us>.

SOURCE Wounded Warrior Project

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<https://newsroom.woundedwarriorproject.org/2018-09-27-Injured-Veterans-and-Families-Jump-Together-at-Trampoline-Park>